



MERSEA 2025



**PASSMORES
ACADEMY**



Information Booklet



Sunday 22nd June

Students must arrive at Passmores Academy for **09:00 am** in the Sports Hall, via the car park. If you are dropping your young person off in a vehicle, please be swift to ensure spaces for the coaches. When we arrive at East Mersea, students will unpack, be informed of rules and expectations, and then begin their activities!

Monday 23rd - Tuesday 24th June



Students will participate in two action-packed days of activities, games, and various forms of entertainment.



Wednesday 25th June

Students should return to Passmores Academy for around **2:30 pm** but traffic may delay this. Students walking home can leave once they have collected their belongings. If your young person is being collected, please ensure you arrive promptly.



PACKING LIST

Clothes and footwear

- ☐ Nightwear / Warm Pyjamas (when camping it can get cold at night). Underwear and socks (please note that for many activities, socks will need to cover your ankles)
- ☐ Trousers/leggings for activities (not jeans)
- ☐ 1 pair of trainers for activities (Crocs, Sliders and Flip Flops not suitable)
- ☐ 1 pair of shoes for water sports (preferably old trainers)
- ☐ 1 pair of dry shoes for evening activities
- ☐ Long-sleeved shirt/t-shirts for activities where arms need covering
- ☐ T-shirts
- ☐ Clothes for the evening activities, including disco, warm clothes, anorak or similar
- ☐ Swimwear, including a towel

Other items

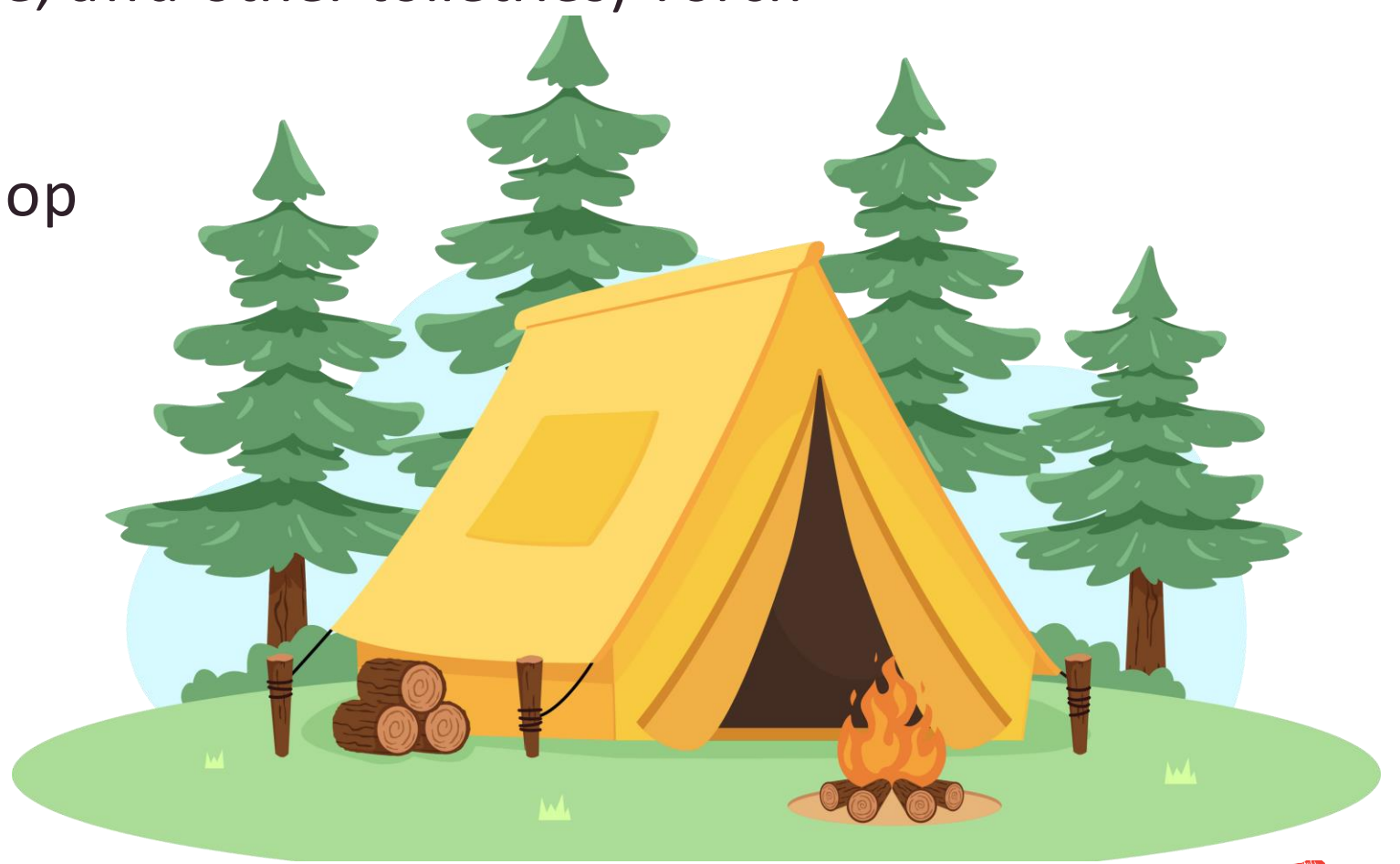
- ☐ Sleeping bag or duvet, with a pillow and single bottom sheet (a mattress will be provided)
- ☐ One towel for showering/washing
- ☐ One old towel for wet/muddy activities Labelled bin bags for wet and dirty clothing
- ☐ Wash bag (soap, shampoo, toothpaste, and other toiletries) Torch (with batteries)
- ☐ Coins for the vending machine/tuck shop

Day bag

- ☐ Small rucksack/bag
- ☐ Plastic drinks bottle
- ☐ Waterproof jacket
- ☐ Baseball hat or sun hat
- ☐ Sunscreen

Notices

- **Certain activities involve getting wet and muddy!**
- **All items should be named to avoid loss.**
- **We encourage students NOT to bring valuables as they are at risk of damage or loss.**



IMPORTANT



NO PHONES

We are a NO PHONE school. As such, phones must be left at home. We want to live in the moment and enjoy every minute of our time at Mersea, without the distraction of phones. Students found with phones will have them confiscated until we return to school.

If you need to contact your young person, you can contact Passmores, who will contact a member of staff at Mersea for you. Staff at Mersea will have contact details for all parents and carers, if your young person needs to contact you.

SITE EXPECTATIONS

Tents and Sleeping Arrangements

- Curfew is 10:00 pm to 7:00 am - students must remain in their tents during this time.
- In the morning, stay in tents until you hear the whistle.
- Keep noise to a minimum after bedtime to respect others on site.
- Tents must be kept clean and organised at all times.
- Keep tents zipped shut to stop insects and animals from getting inside.

Behaviour and Conduct

- Footwear must be worn at all times when outside.
- Walk sensibly and quietly around the site, especially near other groups or activity areas.
- Show respect to all staff, instructors, and other students.
- Remember: You are representing Passmores Academy - your behaviour sets the standard.

Meal Times

- All meals will be eaten in your activity groups.
- Each group is responsible for keeping their area tidy and clearing up after themselves.
- Respect the dining space - no shouting, throwing food, or messing around during meals.

Site and Environment

- No littering – bins and recycling points are provided around the site.
- Toilets and washing areas must be respected and kept clean.
- Do not enter staff-only or unauthorised areas.
- Stay with your group unless given permission to do otherwise.

Safety and Equipment

- Always follow instructions from staff and instructors during activities.
- Do not touch any equipment without permission.
- If you feel unwell or have any worries, speak to a member of staff immediately.

Have Fun, Be Brave, Make Memories

Mersea is all about stepping out of your comfort zone, trying new things, and having the time of your life with your friends. This is your chance to:

- Be brave - Have a go at activities you've never tried before. You might surprise yourself!
- Push your boundaries - Whether it's climbing, kayaking or staying away from home for the first time, give it your best.
- Make memories - Laugh with your friends, take in the fresh air, and enjoy the adventure.
- Support each other - Cheer your teammates on, be kind, and celebrate each other's wins.

**This is a trip you'll remember for years
to come, make it count!**

essex/outdoors							FULL WEEK SAMPLE MENU						
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
BREAKFAST													
Each breakfast will include:													
A selection of cereals including gluten free options, milk, oat milk and soya milk, fresh fruit and bread, butter and preserves for toast													
Scrambled egg or baked beans on toast		American pancakes with maple syrup or fruit compote		Bacon roll and hash brown bar		Waffle with maple syrup and fresh fruit		Sausage bap & hash browns		American pancakes with maple syrup or fruit compote		Bacon roll and hash brown bar	
LUNCH													
Baguette, wrap or jacket potatoes													
A packet of crisps													
Fillings include ham, cheese, tuna mayo with a salad bar including lettuce, tomatoes, cucumbers & coleslaw													
Selection of fresh fruit													
DINNER													
Breaded fish or jumbo sausage, chips & peas		Roast chicken breast or leg, roast potatoes, yorkshire puddings, vegetable medley with gravy		Bolognaise, vegetable bolognaise, or cheese sauce with pasta & garlic bread		Chicken breast or kiev served with optional BBQ sauce, potato wedges and sweetcorn		Breaded fish, jumbo sausage or cheese and onion pasty, chips & peas		Bolognaise, vegetable bolognaise, or cheese sauce with pasta & garlic bread		Chicken breast or kiev served with optional BBQ sauce, potato wedges and sweetcorn	
Salad bar selection including lettuce, cucumbers, tomatoes and coleslaw													
Jam or chocolate donuts		Fruit crumble & custard		Chocolate or toffee muffins		Chocolate sponge & custard		Chocolate or toffee muffins		Jam or iced donuts		Apple crumble & custard	
Ice cream tub		Ice lolly		Ice cream tub		Ice lolly		Ice cream tub		Ice cream tub		Ice cream tub	
All dietary requirement catered for, sticking to the closest possible alternatives available													

FAQ

Will students be forced to take part in all activities?

At Passmores Academy, we are passionate about overcoming fears and breaking down barriers. As such, we will strongly encourage students to participate in all activities but no one will be forced.

“Life is not a spectator sport.”

Will staff be with the students during activities?

In addition to qualified instructors, staff from Passmores Academy will be with your young people for each activity. Students will be split into several groups, each with its own team leader (a member of staff). Staff too will be overcoming their fears by taking part in the activities and making complete fools of themselves! Life is not a spectator sport, of course!

What must students wear for activities?

- Closed-toe footwear must be worn - no crocs, flip flops, sliders, sandals, or similar.
- T-Shirts that cover your midriff and shoulders.
- Shorts that are **at least** knee length.
- For some activities (Caving, Its a Knockout, Archery) we encourage students to wear long sleeves and/or trousers to protect from scratches and grazes.

My young person cannot swim - what will they do instead?

Some activities involve students getting wet, but you do not have to be able to swim for any activity. If your young person has “swimming” as an activity, this will be a session in a pool that is up to 1 metre deep and monitored by a qualified lifeguard. As such, they can easily stand up and still take part in some of the fun!

Do activities stop because of the weather?

It's a Knockout and the Giant Swing have a maximum wind limit due to safety. In the past few years, there has been only one time when an activity was stopped, specifically the Giant Swing during a short, unforeseen thunderstorm. If such an event occurs, your young person will get involved in another activity.

What are the sleeping arrangements?

Students will form their own same-sex groups. Each secured tent is large enough to fit up to 8 young people along with their belongings and mattresses (provided at the campsite). We will always try to have students with their friends but in some cases this is not possible.

My young person has medication - are they responsible for this?

Along with having first aiders, all group leaders will be explicitly aware of all medication needs and requirements. These members of staff will be responsible for the safekeeping and monitoring of your young person's medication. On Day 1 your young person will be informed of this in discussion with their group leader. Mr Paddon will be responsible for the safekeeping and dispensing of all medication.

Please ensure your child's medication is labelled with their name and packed securely in a sandwich bag or container. These must be provided to us as soon as possible.

IMPORTANT NOTE: If your young person has an asthma pump and/or EpiPen, you **must provide two of each. This is to ensure the care and safeguarding of your young person.**

Will food be prepared and ready for them at breakfast, lunch, and dinner?

Day 1: Students will need to bring a packed lunch. They will then be sat down in the evening for dinner.

Day 2: Students will receive breakfast, lunch, and dinner.

Day 3: Students will receive breakfast, lunch and dinner.

Day 4: Students will receive breakfast and lunch, before returning to Passmores Academy.

NOTE: The menu can be found on the following page.

Will my young person need money?

Although all young people will be provided breakfast, lunch, and dinner (as per above) there are a number of vending machines and a tuck shop available for ice creams, drinks, and sweets. If you choose to give your young person money, please ensure these are coins and kept in a safe place.

My child has allergies or specific dietary requirements - what should I do?

We will be contacting you prior to the Mersea Trip and collecting all allergy and dietary information. The kitchen at East Mersea will be fully aware of all details, ensuring your young person is specifically catered for.

NOTE: Essex Outdoors is a nut-free site.

What if my child suffers from travel sickness?

Many young (and older) people struggle with travel sickness. If your young person is included, please let us know. We can try and seat them in a suitable location on the coach, provide sick bowls, and support them where necessary. If your child has travel sickness medication, please let us know and provide this to us for the return journey.

East Mersea 2025



Please scan this QR code and
complete the Needs and
Requirements form ASAP.

FURTHER INFORMATION

Location

Essex Outdoors Rewalls Lane, East Mersea, Colchester, CO5 8SX

If you have any further questions or queries, please do not hesitate to contact us:



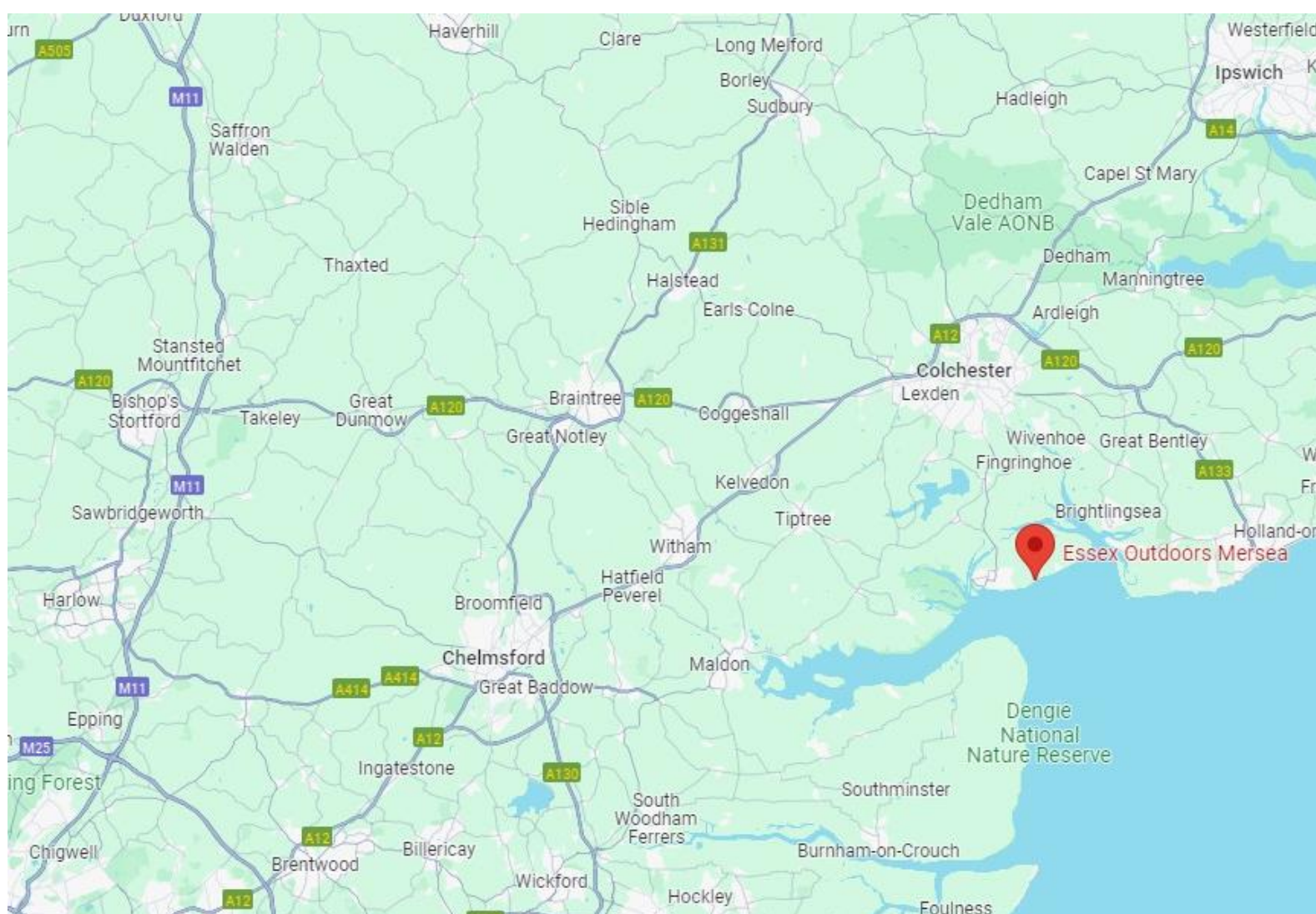
Mrs Georgina Histon

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Mr Ben Paddon

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FOLLOW US!

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Improving upon our best.

Official Instagram for Passmores Academy, a secondary school proud to serve the community.

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We will keep you updated on the Mersea trip via our Instagram accounts.

Please follow us now in preparation for photos and videos.



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